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UNITED STATES DEPARTMENT OF AGRICULTURE
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HOMEMAKERS' CHAT JULY 5, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "MILK TO DRINK, AND MILK TO EAT." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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Month by month--the United States Department of Agriculture gathers figures on how much milk is being produced by cows all over the country. And here's some good news for you....this year milk production reached an all time high for the 16 years of record keeping.

Of course, there's always a lot more milk in June when the cows are put out to pasture and can eat plenty of green grass. But this year, the records are a little higher than ever before.

If you're wondering how we use all this extra milk, let me explain that it is made into cheese and butter--evaporated milk and dry milk. Milk in these forms is a concentrated food....that means you can eat milk, as well as drink it.

I'm sure you've heard the rule...."A quart of milk a day for children, and a pint a day for adults." But that doesn't mean that you have to drink that much milk. You can make cooked dishes with milk.... the fresh fluid kind--evaporated milk--or dry milk. Or, you can use milk as cheese in various dishes.

Whole milk is often called the "most nearly perfect food," because it is rich in so many important food values. It contains fat, as you can see when the cream rises to the top of a bottle of milk. You can also see the protein in the form of curd, when milk sours. And you know that milk contains sugar, because it has a slightly sweet taste.

Besides that--milk is rich in minerals and vitamins. It is an excellent source of the calcium and phosphorus, that are so important in building strong bones and teeth. And it furnishes generous amounts of vitamins A and G--some vitamin D--and a little vitamin B_1 and C.

Now let's see what happens to the food values when milk is made into cheese... The minerals (calcium and phosphorus) and the protein are retained in the cheese in concentrated form. In fact, 5 ounces of American--that is, Cheddar--cheese have about as much calcium, phosphorus, and protein as a full quart of milk.

So if you made a dish of Macaroni-and-Cheese with a generous allowance of cheese...the amount of cheese in each serving would furnish more calcium than a glass of milk. And there are lots of other ways to use cheese....in sandwiches--souffles--salads--rabbits--and many other dishes. They give you a chance to eat milk--and get the important milk solids, and vitamins A and G as well.

Now we'll go on to the other forms of milk that we can use. There's fresh fluid milk that usually comes in a bottle--there's evaporated milk that comes in a can--and there's dry milk that comes in a bag or a carton. Dry milk and evaporated milk are the same as fresh fluid milk--except that some of the water is removed. When you add water in the right proportion--they contain about the same food values as fresh fluid milk. But you can also use evaporated milk or dry milk full strength, or only partly diluted. And when you douse evaporated or dry milk in these concentrated forms, you actually get more milk solids than you do in the same amount of fresh fluid milk....so milk in those forms is especially useful in adding to the nutritive value of the diet, without greatly increasing the volume.

In manufacturing evaporated milk--about one-half the water is removed from fresh fluid milk. If you want to make evaporated milk the same strength as fresh fluid milk--just mix it with water, measure for measure. You can drink this "reconstituted" milk as a beverage....or you can eat it in cream soups--scalloped dishes--muffins--bread--cake--custards--and any number of other dishes.

But if you want more milk solids--you can use more evaporated milk and less water. You can use this partially diluted milk in creamed dishes--cocoa--puddings--and sherbets. And you can even use the evaporated milk full strength in frozen desserts--scrambled eggs--and cheese sauce.

Dry milk is another convenient form to get the calcium and other food values of milk. Dry milk may be made either from fresh fluid whole milk, or from fresh fluid skim milk--with practically all the water removed. In figuring food values.... you'll find that one quart of fluid whole milk is about equal to 4 1/2 ounces of dry whole milk--and it is also equal to about 3 1/2 ounces of dry skim milk, with 1 1/2 ounces of butter added to furnish fat and vitamin A.

Dry skim milk is especially valuable for adding extra calcium to the diet. You can use enough dry skim milk in soups--cereals--bread--and many other foods to make them richer in milk solids, than those made with fresh fluid milk. But don't forget that dry skim milk does not contain fat or vitamin A....so you must get those food values from other sources, such as butter.

All you have to do is mix the dry skim milk with water, and use it just as you would fluid milk in beverages--soups--gravies--sauces--and in such dishes as scrambled eggs and custards. But if you prefer, you can use the dry skim milk in the powdered form in bread--muffins--biscuits--puddings--and cereals. In such recipes--you mix the powder with the other dry ingredients, and use water alone as the liquid.

If you'd like to have some recipes for using dry skim milk--you can get a copy of Dry Skim Milk leaflet published by the Federal Bureau of Home Economics. To get your free copy simply write to the United States Department of Agriculture in Washington, D. C., and ask for the Dry Skim Milk leaflet.

That's all the time we have today. But I'll be back soon with more suggestions for cooking and planning meals.

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